

migration resistant grooves, each of said grooves including a first face defining an angle of no more than about 90 degrees relative to said one of said engaging surfaces and a second opposing sloped face, said first and second faces defining a substantially arcuate pocket therebetween for trapping vertebral bone;

wherein said spinal spacer is externally shaped in a substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure.

34. The spacer of claim 33, wherein said substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure comprises inscribed external features, teeth, four holes, or an inserted osteogenic plug.

35. A hollow spinal spacer for engagement between vertebrae, comprising:
a body formed of bone composition and including an anterior wall with opposite ends and defining a convexly curved anterior surface, an opposite posterior wall having opposite ends and defining a flat posterior surface, two lateral walls, each integrally connected between said opposite ends of said anterior and posterior walls to define a chamber, said walls further defining a superior vertebral engaging surface defining a first opening, said first opening in communication with said chamber, and an inferior

vertebral engaging surface defining a second opening, said second opening in communication with said chamber; and at least one of said vertebral engaging faces defining a set of migration resistance grooves, each of said grooves including a first face defining an angle of no more than about 90 degrees relative to said one of said engaging surfaces and a second opposing sloped face, said first and second faces defining a substantially arcuate pocket therebetween for trapping vertebral bone, said grooves in series with said sloped faces sloping towards said anterior wall; wherein said spinal spacer is externally shaped in a substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure.

36. The spacer of claim 35, wherein said substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure comprises inscribed external features, teeth, four holes, or an inserted osteogenic plug.
37. A spinal spacer for engagement between vertebrae, comprising:
a body formed of a bone composition and including a first end, an opposite second end, a superior face defining a superior vertebral engaging surface and an inferior face defining an inferior vertebral engaging surface; and

at least one of said vertebral engaging surfaces defining a first set of migration resistance grooves, each of said grooves including a first face defining an angle of no more than about 90 degrees relative to said one of said engaging surfaces and a second opposing sloped face, said first and second faces defining a pocket therebetween for trapping vertebral bone, said one of said engaging surfaces defining a peak between each of said grooves, said peak defining a flattened surface;

wherein said spinal spacer is externally shaped in a substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure.

38. The spinal spacer of claim 37, wherein said substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure comprises inscribed external features, teeth, four holes, or an inserted osteogenic plug.

39. A spinal spacer for engagement between vertebrae, comprising:

a body formed of a bone composition and including a first end, an opposite second end, a superior face defining a superior vertebral engaging surface and an inferior face defining an inferior vertebral engaging surface; and

at least one of said vertebral engaging surfaces defining a first set of migration resistance grooves, said at least one of said vertebral engaging surfaces

defining a second set of migration resistance grooves, each of said grooves including a first face defining an angle of no more than about 90 degrees relative to said one of said engaging surfaces and a second opposing sloped face, said first and second faces defining a pocket therebetween for trapping vertebral bone, each of said sloped faces of said grooves of said first set sloping towards said first end, each of said sloped faces of said grooves of said second set sloping toward said second end;

wherein said spinal spacer is externally shaped in a substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure.

40. The spinal spacer of claim 39, wherein said substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure comprises inscribed external features, teeth, four holes, or an inserted osteogenic plug.

41. A spinal spacer consisting substantially of cortical bone, a top face, a bottom face, a canal surrounded by a continuous or discontinuous wall of cortical bone comprising a canal surrounded by convexly curved anterior cortical bone face and three substantially rectilinear cortical bone faces unitary with said convexly curved anterior cortical bone face;

wherein said spinal spacer is externally shaped in a substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure.

42. The spacer of claim 41, wherein said substantially D-shaped or bread loaf-shaped structure, half D-shaped or half bread loaf-shaped structure, or diamond shaped structure comprises inscribed external features, teeth, four holes, or an inserted osteogenic plug.

43. A shaped implant consisting substantially of cortical bone, said implant having been prepared by a process comprising:

- (a) obtaining a plug of bone consisting substantially of cortical bone by using a core cutter having a central drill bit, thereby forming a canal through the bone plug obtained with the core cutter;
- (b) machining the bone plug of step (a) to produce a "washer-shaped" bone plug;
- (c) machining the canal through the bone plug to form an asymmetric shape therein; and
- (d) using said asymmetric shape to machine an outside profile of the bone plug;